

The logo for the QC (Queen City) section of the Leader-Post, featuring the letters 'QC' in a bold, white, sans-serif font on a black square background.**SPACES:**Retreat into an artist's European dream garden **P. 16****SHARP EATS:**Have you tried out one of these new food trucks? **P. 24****WINE WORLD:**Why it's worth your time to chase old wine **P. 27**

# KEEP ON FOLKIN' IN THE FREE WORLD

A PRODUCT OF VISION AND PERSEVERANCE,  
THE REGINA FOLK FESTIVAL CELEBRATES  
45 YEARS THANKS TO PEOPLE LIKE  
NORM WALKER **P. 4**

# READ MY BOOK

**LOCAL AUTHORS:** Writers tell us what makes their book worth reading

**\* GLADYS MCELREA**

## Dying To Live: Death May Be a Second Chance

I believe that my book was conceived the morning I woke from a rather short dream involving, strangely enough, reincarnation.

For several weeks, images from this dream continued to replay in my mind, causing me to wonder what it? What if the person transformed into an animal was a 30-something wife and mother and someone with baggage?

Most stories of this genre are about single 30-something women with no family ties. How would she handle this new existence with her past broken one and how would her family react to the new version of her? Would she willingly choose this, and if so, what would compel her to do so? My imagination burst into flames with the possibilities.



Gladys McElrea

While the theme of *Dying To Live* is a dark one, I feel that I have achieved a blending of light and dark with this book. Many situations that come up for the main character and her family can't help but end on an optimistic, life is just like that.

She desperately wants to keep her transformation a secret, but secrets have a way of slipping out into the light when you least expect. Her new existence brings about drastic changes in her body, mind, and spirit — changes that affect how she interacts with others and deals with issues of an ethical nature.

In order for there to find lasting love and joy, she must learn what to hold onto and what to let go of. She must discover that real love is unconditional.

At the time this story came to me, I was writing and performing music in the Sudbury, Ont., region, with no intention of publishing a novel. But like the songs I composed, this story refused to be denied. Writing a novel is a different process than composing and producing music, as I was grateful for the closure in personal issues into 11 bad takes. I worked at it as and off over a three-year period and through two major moves, first to Moncton, then Saskatoon.

*Dying to Live: Death May Be a Second Chance* can be purchased at Cedar Book Stores in the Midtown Plaza and McNally Robinson in Saskatoon, or ordered online and from other local book stores. ISBN 978-1-89536-001-6

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# INDEX

## # ON THE COVER P.4



For 45 years, people have come out to celebrate the Regina Folk Festival. In this guy in 2009, QC felt pretty good about it.

## # TABLE OF CONTENTS

### READ MY BOOK — 2

Guy's McGee's *Dying to Live* conceived from a strange dream

### ON THE COVER — 4

A product of vision and perseverance, our folk festival celebrates 45 years

### GARDENING — 10

A tale of two Spanish gardens

### IN THE CITY — 12

A moment in time: Photographer Dan Healy captures a unique shot

### SPACES — 16

Escape into an artist's European dream garden

### REST OF/OUTSIDE THE LINES — 18

One of our favourite colouring creations from artist Stephanie McKay made for kids of all ages

### CLOSEMOUTH/SHOCKS — 16

### EVENTS — 28

What you need to know to plan your week. Send letters to: [qc@leaderpost.com](mailto:qc@leaderpost.com)

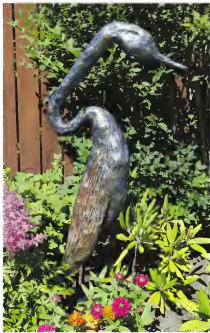
### SHARP EATS — 34

Regina and Saskatoon are full of new food trucks — which one is your favourite?

### WINE WORLD — 37

Why it's worth your time to chase old wine

## # SPACES P.16



The Jagger's backyard is filled with art like this paper mache blue heron. QC PHOTO BY MICHAEL REED

## QC COVER PHOTO BY DON HEALY

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# ON THE COVER

Back then, we were just happy to play.

—Ken Chesko

## # REGINA FOLK FESTIVAL HISTORY

# Keeping the RFF alive has been a group effort

By Ashley Martin

It was no Woodstock, but that wasn't the plan anyway.

When the Regina Folk Festival debuted 46 years ago as Newman's First Annual Folk Festival, hosted by the newly reunited Regina Guild of Folk Music, its purpose was simple: To give local folk musicians an opportunity to play.

Over three days in 1968 an audience of 1,400 heard "36 modern Canadian groups" in the Ospey College cafeteria.

The venue has changed over the years so have the venues. Until 1969, when the RFF found its permanent home in Victoria Park, the festival happened around five different locations, all of these indoors.

Gradually the festival's venue came to know its own shape due to the perseverance of countless people in celebration of this gem of a festival, let's hear from a few of them.

### We all work together with a giggle and a grin Getting involved

**Ken Chesko, co-founder of the Regina Guild of Folk Music and co-organizer of the first festival in 1968.**

I had a good friend who was a doctor who's now deceased (Dick Jacko). We started just singing at his place (which) kind of developed into, they, we should do something. So we formed the first folk guild.

**Heena Wallies, past festival coordinator, artistic director, volunteer for two decades.**

I have a couple of siblings that were around Regina in the late '60s early '70s and they were both interested in folk music and what was

called the Folk Guild at the time I came to Regina and got involved and worked on it (as well).

**Jim Elliott, volunteer since 1978.**

I basically just showed up one year. I'd gone to one of the regular office hours at our sorts beforehand — and that's where I started. That would have been the fifth festival.

**Colleen Covert, volunteer since 1985.**

A friend of mine who had been volunteering said, "You really have to get involved next year," and then when they moved it to the park I went, "Oh cool, I will."

**Heena Covert, artistic director 1990-91 (22nd and 23rd RFF).**

At the time I was part of a singing up a year-around with CBC Radio and the Guild asked me if I would be interested in doing the folk festival. It was something that happens like once in a lifetime being able to put on a three-day event.

**Warren McGill, festivalgoer for 20+ years (many of those as a volunteer).**

We used to run around at the folk fest when we were in high school and I did a few (volunteer) stints at the beer tent in the mid '70s early '80s. This will be 13 years, 13 years (as a volunteer an electrical crew).

**Al Saunders, volunteer at entertainers/MC from 1980s.**

I'm pretty sure (1980) was the first time I was there. This year will be my third year in a row.

**Marlene Bittel, artistic direc-**



Colleen Covert has volunteered for the Regina Folk Festival since 1985. go.leadreport.com/leap

tor since 1996.

I came as a spectator with my parents. At one point there was a friend of mine, Jim Guilford who was involved somehow and I thought she was in charge so I decided, "Well I

could do that." Now I'm here.

**Brian Macneave, performer, 19th RFF.**

My parents go pretty much every year so I would go with them. We as folk folk played

right before we self-booked our first EP (2006), and in years since.

**Marlene Bittel, RFF volunteer/performer (19th RFF)**

**2008.**

(2008) was the first year that they hired my piano player Jeremy Souer to be their stage manager and he got all of his buddies to volunteer.

Initially, the city people were very protective of Victoria Park. They believed the trees and the grass were way too fragile for a mass event. — Norm Walker

### And feed them on your dreams Dick Jack, father of the RFF

#### Norm Walker

The original founder of the Guild was a gay dancer Dick Jack. He was a pretty outstanding guy.

The Bill's Guild as we know it really originated from Mariposa, as he had seen what that was like and had started to sing too. Well, yeah, we could do something like that in Regina, so he did.

#### Ken Chesko

He was a force. To know Dick, it's a shame we're not involved in it, it was up to the neck. But as we were all younger people, he was the one with the experience at the time.

### Everywhere there was song and celebration The first RFF

#### Ken Chesko

It was just to get it happening. There were people coming out of the woodwork to play, there was no place to play (like) to be from that.

Back then, we were just happy to play.

### Turn with the times, change your mind RFF evolution

#### Jana Elliott

We used to hold the showcase, where now it's basically one of those kind of pop up trailer type of things. We used to get all the dance up around the showcase, now there's just crew that does that.

#### Norm Walker

They were much smaller, more intimate events (in the early years). On the set as good friends there would maybe only be 100 people or so. On the better nights, maybe 200 or 300.

#### Norma Cyr

We tried something new for the first time and we had a beer garden. There had never been one. And so went to different venues to put in different things like we used the Plains and we had dance type thing perform music going on there all afternoon, and at the Club on Broadway we put on a French workshop.

Continued on Page 8



Local RFF friends have participated in the Regina Folk Festival. See the cat who arrived on June 25, 1995. (c) RFF Photo by JANA ELLIOTT

## CORRECTION NOTICE

The Samsung Galaxy S5 Mobile Phone offer (with Rogers only) on page 16 in the 2014 Target Back to School Catalogue requires a printed coupon for redemption. The coupon can be found and printed at [www.target.ca/coupons](http://www.target.ca/coupons). We regret any inconvenience this may have caused.



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It was a challenge to try to bring in younger people and more up-to-date acts, like it wasn't just an acoustic guitar and a singer. — Norma Cyr



Los De Abajo entertained the Regina Folk Festival crowd in 2007. (COURTESY OF REGINA FOLK FESTIVAL)

#### Warren McColl

I think if you were too dogmatic about it or too orthodox and purist, I think that in any way of thinking is sort of at odds with what I understand to be the spirit of folk music. We're more for the people.



Artistic director Sandra Kane (right) meets with Warren McColl.

#### Colleen Covert

I loved it before and I love it now. I have to mention people who kind of go, "Ugh, folk music" that the folk festival isn't just the singer-songwriter thing. But I think that wasn't out, because we have such a huge draw of younger people now that I think everybody knows that the folk festival isn't Peter, Paul and Mary and Colleen Covert.

#### Bernie Eisler

For the folk festival in Canada, it's this huge diversity, it's recognizing that there are people of colour who live in Canada, it's not all white

males playing guitars. We're a whole diversity of population.

The part I love the most is bringing more nobody's ever heard of and having them discover it.

#### Who knows where the time goes? Fond festival memories

##### Helen Harkewich

In 2003, Patrick Wilson, Little Miss Higgins and I — got bumped from the festival, so Jackie Higgins just wanted to sit up and we went to the Cinescape and we did this impromptu concert for everybody with her horn section and with her band. And Patrick and Little Miss Higgins and I singing in harmony.

##### Colleen Covert

In 1990, the city had forgot to change the timers on the sprinklers, so the sprinklers leaked on us in the middle of the night and they were spouting at the stage stage on all the songs and everything else, so the brilliant security guys took the garbage cans and tipped them over top of the sprinkler heads to stop it from flooding the marketplace.

We had no power that morning — on Mary Province and Arranged Woman did the work shop stage Sunday morning a couple. They were taking their drums through the park. It was just great, it was quite wonderful how people can improvise when they need to.

Continued on Page 8

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We had no power, so Moxy Fruvous and Arrogant Worms did the workshop stage Sunday morning a cappella. — Colleen Covett



The crowd dances to the music during the 2014 Folk Festival on Q.C. Photo by Peter Klotz



People enjoy the Regina Folk Festival on June 8 (Q.C. FILE PHOTO BY BRYAN SCHLOSSER)

#### Alison Jones

I have this huge personal tool that I connect to my friends pocket and I just come out and just said that, 'You so proud to introduce like us, Skyles, and you know how proud I am?' I'm this proud, and I dropped out the bed. And she came out and saw me wearing that belt and just kicked over laughing. And then at the end of the show she said, 'Let's bring out the funny guy.' It was amazing and I stayed there for two songs, she kept me there singing. I was right out front with her singing into her microphone here.

#### Line Passmore

(In 2000) I sang one of my own solo songs for the first time during a workshop, and this is before my parents even knew I was working on my own material, so I remember it quite clearly. I started singing the song and I'm like shaking, and then my parents afterwards are just like, 'How come you didn't tell us, we had no idea, you have a voice.'

#### Warren McGill

(In 2008) Michael (Pruitt) carried on when the power went out and it was a massive thunderstorm and deluge and all that and I was on the electrical crew, so we got to assemble around trying to sort this out. Pruitt carried the show lights out, just himself, and we had to improvise with

the audience. It was amazing.

**See how brotherhood can grow,  
let the sun shine in your face,  
to everyone of every race  
What makes the RFF  
so special?**

#### Naem Walker

It's the music and it's the people you come into contact with. When you're involved in a truly like that, you get to meet these musicians from all over the place, mostly all over Canada but sometimes from all over the world... In a way it's a mechanism to allow you to grow and to learn things.

#### Alison Jones

The workshops, even though there's a huge crowd watching, it just feels like a — not quite like a living room concert of course — but it just feels like one big family.

#### Warren McGill

I think the folk fest really brings together this great sort of genre dynamic, this great ethos of putting on your own show. There are hundreds if not thousands of volunteer hours that go into making the show go round.

#### Naem Walker



A band performs at the Regina Folk Festival on June 15 (Q.C. FILE PHOTO BY PAT PETTY)

The fact that it has kept going for so long really I think says a lot about what Regina can do in terms of putting an event together and keeping it going. It does take a special combination of individuals and interest and expertise and a number of other factors that keep

a city alive culturally artistically. You can try to credit one person for being the saviour of it all but it very rarely ever is one person. It's a lot of people.

naem@naem.com  
naem@naem.com



You really want to put somebody that can get 'em dancing on the Saturday night, because usually that's when it's going to pour rain if it's going to pour rain. — Warren McCall

## WHERE AND WHEN?

### Gregg College

**Newmen Centre**  
1st March 16-16, 1969

### Edinburgh Auditorium

2nd March 20-22, 1970

### Centre of the Arts

**Jubilee Theatre**  
7th March 12-14, 1971  
4th March 24-26, 1972

### Edinburgh Auditorium

5th March 16-18, 1973

### Globe Theatre

6th March 16-18, 1974

### Edinburgh Auditorium

11th March 21-23, 1975

### Pine Arts Building

15th April 23-25, 1976  
15th April 23-25, 1977  
10th April 28-30, 1978  
10th April 28-30, 1979  
12th May 2-4, 1980

### Education & Auditorium

13th May 1-3, 1981  
14th May 21-23, 1982  
10th May 12-18, 1983  
10th June 8-10, 1984

### Victoria Park

17th June 14-16, 1985  
18th June 13-15, 1986  
19th June 12-14, 1987  
20th June 10-12, 1988  
21st June 9-11, 1989  
22nd June 8-10, 1990  
23rd June 7-9, 1991  
24th June 12-14, 1992  
25th June 11-13, 1993

### Park, S. 1994 - cancellation announced

26th June 24-26, 1995  
27th June 23-25, 1996  
28th June 22-24, 1997  
29th June 21-23, 1998  
30th Aug. 18-20, 1999  
31st Aug. 18-20, 2000  
32nd Aug. 17-19, 2001  
33rd Aug. 16-18, 2002  
34th Aug. 15-17, 2003  
35th Aug. 14-16, 2004  
36th July 25-27, 2005  
37th Aug. 11-13, 2006  
38th Aug. 10-12, 2007  
39th Aug. 9-11, 2008  
40th Aug. 7-9, 2009  
41st Aug. 6-8, 2010  
42nd Aug. 5-7, 2011  
43rd Aug. 10-12, 2012  
44th Aug. 9-11, 2013  
45th Aug. 8-10, 2014



Roberta Pecher, shown singing at the 1994 Regina Folk Festival, performed a set of songs from the early 1960s, including the first of 1964. QC FILE PHOTO BY REYNA SCHLUBER



A file of North West's past and future folk festivals. QC PHOTO BY REYNA SCHLUBER

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# GARDENING

# SPAIN GARDEN TOUR

## A tale of two Spanish gardens



The plaza in Park Güell, a UNESCO World Heritage Site, was built in the 1920s. PHOTO COURTESY OF BARCELONA



One of the picturesque courtyards in Alhambra, built in the 14th century.

By Sara Williams

Along Canadiana escape to the tale to avoid the heat of summer. In Spain, there are gardens, built from decades of years ago and many miles apart, that provide the same kind of relief along with a hint for the soul.

In Granada, at the south of Spain, you'll find the Alhambra and Generalife gardens (built for the Moorish rulers in the 1500s). In these two water holds pride of place.

Water had both practical and an emotional value. For the Moors of the North African desert, water in an oasis could mean the difference between life and death. When carried into a garden, it was used sparingly, often in shallow pools or narrow canals, and its function to enhance the experience and to give the Alhambra of more when there was less.

Whether for protection from the

relentless desert winds and encroachment to ensure privacy were equal and important elements of these gardens. Thus arose the patio or inner courtyard garden, open to the air above but screened from the street and bathed in the surrounding city.

Within these gardens is a sense of geometry and repetition in the tiles, architectural and the planting. The plants themselves are rose, orange and myrtle included not only those brought by the Moors but also the exotic beauty from the New World introduced by Spanish explorers.

The Alhambra is a large palace and fortress complex with many buildings each with its own courtyard. The unique of the Patio de los Arrayanes (Court of the Myrtles) is on the almost stark simplicity of the pool and plantings.

The Patio de las Luces (Court of the Lights) exemplifies the

concept of the Persian garden: an enclosed space divided into four quadrants (representing earth, air, water and fire) by water channels, symbolizing the Islamic holy rivers of paradise. At the centre, twelve fountains spout water from their mouths.

The nearby Generalife or "Alhambra's Garden" was the summer palace and country estate of Muhammad III. In the inner courtyard is the Patio de la Acequia (Court of the Canals), famous for its long narrow canal edged with potted plants with jets of water that arch over it as each side.

Nearby, the Patio de los Cipreses (Court of the Cypresses) is a garden of cypress trees, with water channels. Water is mixed in the water channels or Raudales del Agua. The Patio de los Cipreses (Court of the Cypresses) with pencil-thin Italian cypress trees provides both shade and arching

tural elements in a formal setting.

The more recent Park Güell in Barcelona (another Spain) was designed by Antoni Gaudí in the 1890s. Gaudí began on a rocky slope with little vegetation, building grand, ornate, and intricate structures and intricate details. His intent was to emphasize the intrinsic beauty of the site with his architectural design, colour and mosaic patterns that where the gardens of Alhambra are all geometry, connection and symmetry. Park Güell is informal, imaginative and at times downright wacky with towers, spires, dragons, benches and visitors.

The plant choices are wild: orange, rose, red, white, pink, or blue, cacti, succulents, palm trees, and, surprisingly, a few cypresses. A few cypresses, our own Maritima might!

The park was originally intended as a garden for housing designed for Barcelona's affluent. But

the project eventually proved an successful and was purchased by Barcelona in 1922. Park Güell is now a UNESCO World Heritage site.

Since, author of the recently published *Barcelona: A Photographic History* will be leading a garden tour to Spain this fall that includes these sites and many more. For additional information, email Sara.sara@lauralibrary.com or call 848-3377-3377.

Have a gardening question? Call Sara at 848-3377-3377 or email sara@lauralibrary.com.

This column is provided from the top of the *Barcelona: A Photographic History* and *Barry's* (www.barrys.com). Check our our online board or calendar for upcoming horticulture events (Author & Laura at the Botanical Garden, garden tours, garden book launch).



## Next week in **QC**

Pro bono lawyer Nicole Sarauer dedicates her time to those who fall through the cracks in the legal system



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# IN THE CITY

# JULY 29, 2014 — 11:40 P.M.

## Yellow coat



A painter is hoisted high above the ground to give the golden arches at McDonald's restaurant at Denison Avenue and Albert Street a fresh coat of paint. QC PHOTO BY BOB HENRY







# SPACES

Spaces celebrates beauty both indoors and out.  
If you have a room we should see email  
QC@leaderpost.com

## # SASKATCHEWAN'S BEST SPACES

# Escape into an artist's dream garden

By Jenn Sharp

**WHICH:** Cecilia and Mel Jensen. Cecilia has led art tours to Europe and South America for the past 13 years. Along with working on their artwork she delves into all various mediums. On the list, the group always visits Venice too, "because we're artists," laughs Cecilia.

An established artist, her water-colour and acrylic paintings sell to collectors all over the world.

**WHERE:** In the northern part of Saskatoon, just a few blocks from the river.

**WHAT:** An expansive backyard retreat that brings a European feel to the space shared by the couple. The artist's touch is evident in the home too. Cecilia's large and colourful canvas paintings grace the walls but step into the garden to get a real feel for the artist's work.

The couple's love for travel and entertaining is reflected in the garden. Framed by large trees, the space flows easily from one element of the garden to the next, while the ear-piercing sound of water hums softly through a fountain. A statue of blue heron, which Cecilia made from paper mache, strikes a pose in one area.

The back fence is the garden's focal point – two strands of "fence walls" hang next to Cecilia's large acrylic painting of lilacs, both the garden setting.

"I love sculptures. They're just so meaningful. They've got character," she says.

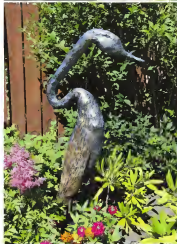
The painting came out in the spring and goes away for the winter. For it, it is weathered the rain. Cecilia first treated the board, and then weather proofed the finished painting several times.

"It's really had a test this year. We've had downpours! And it's been OK," she says.





# SPACES



**WHEN:** The Jorgens bought the house 30 years ago. Six years ago, their team of renovation projects would eventually change the look of the entire house. "Once you start, it takes over the whole house," says Cecilia.

The garden has evolved a lot during that time too. A mixed deck, common in so many backyards, was a feature Cecilia didn't enjoy. She wanted a more grounded feel and a space that was easier to host guests.

**WHY:** When it came time for a change, the couple decided to renovate. Instead of looking at a new home, they loved the area, their neighbours and the mature landscaping in their yard.

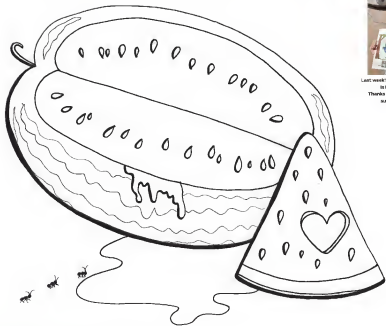
The large brick courtyard now allows for long tables to accommodate the frequent backyard parties the couple hosts. A stretch of open lawn was made for playing bocce ball.

An inspiring place for the creative mind, Cecilia often invites her artist friends to bring their easels and paint in the garden all afternoon.

**HOW:** Cecilia does all the planting, while Mel maintains and weeds the garden. "Mel really enjoys the garden and yard. It's his hobby," she smiles. "We spend a lot of time out here. In the afternoon we'll sit and have a glass and a glass of wine. Then in the evening, it's nice to sit and enjoy or have someone over for a visit."

*Julie Hogg at thehoggshouse.com  
Twitter: @juliehoggshogg*

# BEST OF: OUTSIDE THE LINES



Last week's contest winner is Nicole Salk, age 7. Thanks to everyone who submitted entries!

## # Colouring contest

Each week Stephanie McKay creates a lovely illustration meant to please lots of all ages.

Children can colour the page, have a

picture taken with the finished product and email it to [GC@leaderpost.com](mailto:GC@leaderpost.com).

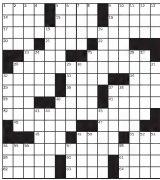
One winner will be chosen each week.

Please send entries by Monday at 9 a.m.

## NEW YORK TIMES Edited by Will Shortz

## ACRONYMS

- 1 Fix
- 5 Sauna garment
- 9 Feather, a fine  
feather
- 14 Jessica of "Back  
Amos"
- 18 Isle of wife
- 19 Where preoccupied
- 19 BECAUSING FICK  
OFF RAY SONGS
- 20 Tom's hairpiece
- 21 Has control of
- 22 Geriatrics and such
- 23 "Never never" time
- 25 Particulars, breeding
- 26 SOUTH AMERICAN  
ART LINGERIES BY  
TARTAN
- 32 Big, state in fancy  
department
- 33 One \_\_\_\_ of approval
- 34 Play about Capote
- 35 Piece of fabric, e.g.  
silk
- 37 See commoned foreign
- 39 Come in much  
Innocent Road
- 39 \_\_\_\_ soaked
- 40 Pico \_\_\_\_ didn't  
forget. Where's the  
sister \_\_\_\_? (a  
joker (joker ball  
model)



**Keywords:**

- |  |  |
|--|--|
| 1 <b>Chorus</b>                          | 16 <b>Use for sale</b>                                       |
| 2 <b>Then there's!</b> e.g.              | 17 <b>... many million!</b><br>(first time made circulation) |
| 3 <b>Final order from the captain</b>    | 18 <b>Any of these literary works?</b>                       |
| 4 <b>The last source of fuel</b>         | 19 <b>The early days of the Garmen look very</b>             |
| 5 <b>Students used an</b>                | 20 <b>Reason for Gold Glass water is</b>                     |
| 6 <b>Known as "the end"</b>              | 21 <b>Which ... (first of the new nation)</b>                |
| 7 <b>Take into account for short</b>     | 22 <b>... spread</b>   |
| 8 <b>Use me contents</b>                 | 23 <b>Goldfish both</b>                                      |
| 9 <b>"Go get it"</b>                     | 24 <b>Goldfish same size</b>                                 |
| 10 <b>Patience combine</b>               | 25 <b>Goldfish same</b>                                      |
| 11 <b>"I'm not"</b>                      | 26 <b>... of the world</b>                                   |
| 12 <b>Any of song who hated its name</b> |  |
| 13 <b>Seemingly a standard</b>           |  |

- 316 Israeli currency  
402 Potted plants of view  
for short  
423 Singer with the 1994  
hit "Dumb in Grief"  
444 Many a Chiselbit actor  
455 Popstar to Rita-Lay  
478 Other, kindred comedy  
curios  
502 Core-star fare  
532 "In addition"  
551 Pre-1977 waterfront  
554 Networkers' hopes  
555 Businessmaking.org  
556 Ch's walk tour  
— 557  
572 Wind

# JANRIC  
CLASSIC  
SIDEOT

### Levels Grid

Fill in the blank cells with numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from Bronze (easiest) to Silver to Gold (hardest)



Solutions to the crossword puzzle and the Sudoku can be found on page 30.

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response is also a little faster than for

**Webb** (1996) conducted a study of 1000 people, 500 of whom were from the United States and 500 from the United Kingdom. The study found that the majority of people in both countries believed that the majority of people in their country were honest and trustworthy. However, the study also found that there was a significant difference in the level of trust between the two countries, with the United Kingdom having a higher level of trust than the United States.

**BDO**

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## EVENTS

What you need to know to plan your week.  
Send events to [QC@leaderpost.com](mailto:QC@leaderpost.com)

## # MUSIC

Wednesday, Aug. 6

**Wednesday Night Folk:**  
Theresa & Carol  
Buchwalter, 2206 Dewdney  
Ave

**WetRock Wednesday with  
Leather Gobs:**  
Mitsul's, 2206 Dewdney  
Ave

Thursday, Aug. 7

**Mother Grooves**  
The Pump, 641 Victoria Ave E

Friday, Aug. 8

**445 Picknys**  
WPT, 1475 Taylor St

**Mother Grooves**  
The Pump, 641 Victoria Ave E

**Tegale Mackaybird**  
Mitsul's, 2206 Dewdney  
Ave

**Regina Folk Festival**  
8 p.m., mid-night  
Featuring: Elliott Reed, Mid-  
con Institute of Sound, Joel  
Piskett-Emergency, Ulitz The  
Ambassador, Sam Roberts  
Band and more  
Victoria Park, downtown

**Regina Folk Festival after  
dark carnival**  
Featuring: Royal Canoe and  
Midcon Institute of Sound  
The German Club  
1127 St. John St.

Saturday, Aug. 9

**Regina Folk Festival free  
daytime stages**  
11:30 a.m.-5 p.m.  
Victoria Park, downtown

**Regina Folk Festival**  
8 p.m.-midnight  
Featuring: Quake Kila-  
wila, Kila Pelag, Indigo 281,  
Seldah Baba Yalibah, Semma  
Ryder and more  
Victoria Park, downtown

**Regina Folk Festival after**

**dark carnival**  
Featuring: B12, The Amba-  
sador, FadoCane and Cheryl  
Hartle  
The German Club  
1127 St. John St.

**Mother Grooves**  
The Pump, 641 Victoria Ave E  
Sunday, Aug. 10

**Regina Folk Festival free  
daytime stages**  
10:30 a.m.-5 p.m.  
Victoria Park, downtown

**Regina Folk Festival**  
6-11:30 p.m.  
The Harpocrat & The Ace  
Murderer, Dakhbakhsha, Matt  
Anderson, Naeem Shifan &  
the Gospel Queens, Les-Louise  
and more  
Victoria Park, downtown

Monday, Aug. 11

**Monday Night Jazz & Blues**  
Jeff Martick & The Bluebeat  
Singers  
Buchwalter, 2206 Dewdney

**Weekly Drum Circle**  
Instruments provided  
7:30-9 p.m., The Living Room  
Centre, 3035 Dwan Dr-Cat  
Mike, 356-650-393

Tuesday, Aug. 12

**Rock-Pop, Megan Nash**  
O'Hanlon's, 1947 South St

## # VISUAL ART

**Jean B. Sommer: All that is  
Real Remains**  
Mendota-like paintings of  
natural materials speak to  
our physical and emotional  
intimacy with nature.  
Until Aug. 21 Art Gallery of  
Regina, 1411 Balfour-Chen Arts  
Centre, 2430 Elphinstone St

## Art in Bloom

Works offer a variety of tex-  
ture, colours, patterns, and  
materials.  
Until Aug. 26, MacKenzie Art  
Gallery, 3435 A Street SE



Matt Anderson will treat your heart with his soulful blues sound at the Regina Folk Festival on Sunday. TLEPHOTO

# EVENTS

## Mary Pratt

A five-decade retrospective which celebrates the renowned Newfoundland and Labrador artist.  
UNL Oct. 24, Mainframe Art Gallery, 3470 Albert St.

## Emily Way Duke and Cooper Buttersley: Here is Every-Thing

Named by an elevated cat and rabbit who claim to be speaking to us from the future, this is a bitter-sweet reflection on the inevitability of death, the existence of God, and the possibility of redemption. Part of Imagery Plus Time.  
UNL Aug. 27, Dunlop Art Gallery, Central Mainframe, 2301 12th Ave.

## Comedy Is Tringely Plus Time

Canadian and international artists explore the relationship between the tragic and the comic.  
UNL Aug. 27, Dunlop Gallery BPL, Central Branch, 2311 12th Ave. AND Dunlop Gallery, BPL, Sherwood Village Branch, 6021 Reddon Blvd.

## Hot Over You

Mark Climbey's work uses text-based forms of public address. This phrase "hot over you" looms over the building and over the individuals that pass through its doors, a clever play on the dissonance between the physical and emotional spaces we simultaneously occupy.  
UNL Aug. 30, Central Library, 3371 12th Ave.

## Real Nations Art, Hip Hop and Aboriginal Culture

Various artists juxtapose urban youth culture with Aboriginal identity to create innovative and unexpected new works — in painting, sculpture, installation, performance and video — that reflect the current realities of Aboriginal



Guaranteed you'll be happier than Gummy Cat if you attend the Just For Cats Film Festival this weekend. GETTY IMAGES PLUS PHOTO

peoples today.  
UNL Sept. 3, Mackenzie Art Gallery, 3475 Albert St.

## Contemporary Canadians

The Artists of Scott Nicholson Fine Arts. Features the work of Canadian fine artists who have created works of art portraying the essence of contemporary Canadians.  
UNL Oct. 31, Regina Centre Cinema, 1821 Albert St.

## Asinibetok Gallery

3265 Smith St.  
Open Tuesday to Friday, 10 a.m. - 5 p.m., Saturday 10 a.m. - 5 p.m.

## Mystaria Gallery

3705 12th Ave.  
Open Tuesday to Saturday, 11

a.m. - 5:30 p.m.

## Neatline Ground

4003-1056, South St.  
Open Tuesday to Saturday, 11 a.m. - 5 p.m.

Oakland Arts and Fine Arts  
Oil and ink paintings by 214 new artists Linzi-Jane and Huaiyi Tian.  
2312 Smith St. Open Monday to Saturday, 10 a.m. - 9 p.m.

## TALE Contemporary Gallery

1625 18th Ave.  
Open daily 11 a.m. - 6 p.m.

## # COMEDY

The Laugh Shop  
Live standup every Saturday night, 8:30 p.m.

Ramsay Hotel 1148 Victoria Ave.

## # PERFORMANCE

### How to Give Feedback

Workshop for poets and performers.  
Every Thursday, 7-9 p.m.  
Creative City Centre, 1843 Hamilton St.

## # DANCING

### Salsa on the Plaza with Be-gina Rodriguez

Aug. 7, 7-10 p.m.  
City Square Plaza

### Retro Dance Party

Every Sunday  
McHaffy's, 2326 Dewdney Ave.

## # FOR FAMILIES

### Stairs and Stairways

Wednesday, 1 p.m.  
Creative Children Exploratory Hall, 3025 Gordon Rd.

### Take a Difference

Canvas building through looking: spread kindness with a cookie.  
Wednesday, 5-7 p.m.  
Sweet Antenna Bakehouse, 230 Winnipeg St. N.

### Cinema Under the Stars

Bring your own blankets, chairs, etc., for a family-friendly film screening. Children's music and activities before the film, which screens at dusk. Wednesday, 8 p.m.  
Victoria Park, downtown

### Drop in Indoor Playground

Friday 9-11 a.m.  
South Leisure Centre, 870 Somerset St.

### Mom and Tot Bored Meet-Up

Hosted by Kate Murray, 304-215-2551.  
Friday, 10-11:30 a.m. Early Learning Family Centre, 3000 Colchester Ave., 4955 Gordon St.

### Build and Grow Clinics

Build a special feature project. For children age 3 and up.  
Saturday, 10 a.m.  
Lewes, 4955 Gordon St.

### Michelle's Kids Club

Saturday, 10 a.m. - noon  
2088 Prince of Wales Dr.

## EVENTS

## Family Favourites Films

Enjoy a favourite film for just \$2.99.  
Saturday 11 a.m. Galaxy Cinemas, 420 McCarthy Blvd. N.

## Muziumfunch's Birthday Bash

Aug. 9, 10 a.m.  
Royal Saskatchewan Museum, 2445 Albert St.

## Family activities

Saturday and Sunday, 2 p.m.  
St. John's Lutheran Technical Centre, 2903 Powerhouse Dr.

## Family Studio Sundays

Sunday, 2-4 p.m.  
MacKinnon Art Gallery, 3475 Albert St.

## Parent and Preschooler

Jungle Gym  
Monday, 9:30-11 a.m.  
Al Ritchie Family Wellness Centre, 445 34th Ave.

## Explanation Days in the Park for Kids

For kids ages 3 to 12. Call 306-256-7647 to register.  
Crafts and Activities with Government House  
Aug. 12, 9:30-10:30 a.m., Victoria Park.

## Women's Morning Out

3:00 p.m. to 5:00 p.m., Waterloo Park.

## Midtown of Pre-Schoolers (MOPS)

Drop-in for kids and adults.  
Church, 1100 1st Ave. S. Waterloo Park.

## Regina Newsroom's Club

reginaneewsroomclub@gmail.com

## Yoga Out For Parents

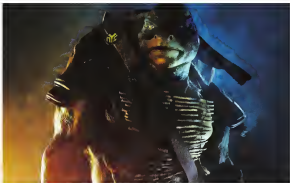
At Midtown Family Wellness Centre, 2290 Lindsay St., 308-525-4568, arno@yogadad.net

## Y's Men's Group

YMC, 2403 13th Ave., 306-757-9632

## Y's Men's Group for Multiples

YMC, 2403 13th Ave., meets the 1st and 3rd Thursday of the month at 7:30 p.m.



Regina Museum, Rega Jones opens *Portrait of a Woman*.

## YMCA Regina

1640 McIntyre St., 306-523-2141

## MUSEUMS

## Alisa Youck School Museum

1600 Fourth Ave.  
Tours by appointment only  
(306-523-3000)

## Chic Museum of Regalia

1275 Broad St.  
Tuesday-Friday 10 a.m.-4 p.m.  
Saturday noon-4 p.m. Closed Sunday and Monday

## Government House Museum

& Heritage Property  
4607 Dewdney Ave.  
9 a.m. to 5 p.m. daily.

## RCMP Heritage Centre

5907 Dewdney Ave.  
10 a.m. to 6 p.m. daily.

## Regina Firefighters Museum

3255 Ross Ave.  
Tours by appointment (306-777-7714)

## Royal Saskatchewan Museum

2445 Albert St.  
Open 9:30 a.m. to 5 p.m. daily

## Saskatchewan Military Museum

1650 Elythstone St.  
Open Monday and Tuesday, 7-9 p.m., or by appointment (306-247-9349)

## Saskatchewan Science Centre

2903 Powerhouse Dr.  
Tuesday-Friday 9 a.m.-5 p.m.  
Saturday-Sunday and holidays, noon-6 p.m.  
Closed Mondays

## Saskatchewan Sports Hall of Fame

2259 Victoria Ave.  
Monday-Friday 10 a.m.-4:30 p.m.  
Saturday noon-5 p.m.  
Closed Sunday

## OTHER HAPPENINGS

## Regina Farmers' Market

Wednesday and Saturday, 9

## Aug. 10-11 p.m.

City Square Plaza downtown

## RCMP Sergeant Major's Parade

Wednesday, 10:45 p.m.  
RCMP Depot Division, 5603 13th Ave.

## Regina Folk Festival

Aug. 8-10 Victoria Park

## Volunteer Tea

Hosted by the Government House Historical Society.  
Aug. 9-10 starting at 1 and 2:30 p.m. Refreshments served at 6:30-9:15 p.m.  
Government House, 4607 Dewdney Ave.

## Holler Derby

Ple-T's Series Derby Club  
Aug. 9, 7 p.m.  
Culley Curling Club, 3225 Sandra Schermer Way

## Heritage Regina Walk

Downtown Regina: Past and Present  
Aug. 10, 9 a.m.  
Meet public Bill Brennan

outside the South Street entrance at the Cornwell Centre.

## Pilot &amp; Press Trivia

Sunday, 8:00 p.m.  
Division 7947 South St.

## Chess in the Park

Chess games and lessons  
Aug. 12, 11 a.m.-2 p.m. Victoria Park

## Ultimate Frisbee Group

Aug. 12, noon-1 p.m. Victoria Park

## Chessday Challenges

Drop in for a challenge of board game enthusiasts.  
Every Tuesday, 6 p.m.-midnight.  
Rector Plaza, 543 Albert St. M.

## RCMP Sunset Behind Ceremony

Each colourful, 60-minute ceremony includes the raising of the colours, a troop drill display, the lowering of the flag with the playing of military music, followed by the March past.

Aug. 12, 6:30 p.m.  
RCMP Depot Division, 5607 Dewdney Ave.

## # FILM

## The Animal Project

Comedy/Drama  
Leo (Aaron Poole), a mid-30s widower, is finding it difficult to parent Sam (Jacob Switzer), his teenage son. After an unusual dream, Leo decides to shake off his daily routine by turning to what he believes is the source of his inspiration — the classroom where he teaches a group of young actors — and takes them out of their comfort zone.

## The Future

Comedy/Drama  
Sophie and Jason live in a small L.A. apartment, have jobs they hate, and in one month they'll adopt a stray cat named Paw Paw. Like a newborn baby he'll need round-the-clock care. Despite their steel intentions, Sophie and Jason are terrified of their looming loss of freedom. So with just one month left, they quit their jobs, and the infant, to pursue their dreams — Sophie wants to create a dance, Jason wants simply to be guided by fate. But as the month ends away, they begin living two twofoldly vacant and different realities.

## Just For Cams

Aug. 9-10, 2 p.m.  
Aug. 5, 7 a.m.  
A unique and fun opportunity to join fellow cat lovers in L.O., hot, coffee, and away from their way through old and new favourites. A masterful compilation of video highlights from the Walker Art Centre, and for CatLovers and some of the best clip art internet to do to offer. It's not about watching cat videos — it's about watching cat videos together!

Regina Public Library Theatre  
2011 13th Ave., 306-777-6106

## EVENTS



Try your hand at butterfly photos on Tuesday at noon at the Butterfly Pavilion.

#### Flight of the Butterflies

Documentary

Join hundreds of millions of butterflies on an amazing journey to a remote hideaway in the mountains of Mexico.

#### Kempes Animal Kingdom

Documentary

Discover Kempes' famous fauna in their natural habitat, including the Big Five — lions, African elephants, Cape buffalo, leopards and black rhinos — and giraffes, hippos and cheetahs. Meet two fearless young Maasai and follow them on their ritual safari.

#### Island of Lemurs: Madagascar

Documentary

Join scientist Patricia Wright on her risk-taking mission to help endangered lemurs survive in the modern world. Narrated by Morgan Freeman.

Kramer 2014

2903 Peachhouse Dr.  
306-522-6529

#### # NEW MOVIES

##### The Heavies • Post Journey

Drama

An Indian family moves to France, where they open a restaurant for food across the street from a high-rated French restaurant. Based on the novel by Michael C. Morries.

##### Into the Storm

Thriller

In a single day, the town of Siltwater is devast-

ated by an unexpected string of tornadoes. Storm trackers are predicting that the worst is yet to come. While most seek shelter, a group of high school students, eager to document the tornadoes video, run head first into the storm.

#### Step Up: All in

Drama

This fifth instalment in the Step Up series brings the return of previous stars including Britney Spears, Ryan Reynolds, Stephen "Big Boy" Seedorf, Alyson Stoner and Adam G. Seibert. Set in Las Vegas, this chapter shows the stars coming together to take part in a competition that will define their dreams and their careers.

#### Teenage Mutant Ninja Turtles

Action

When aliens invade Earth, they inadvertently spawn a quartet of mutated reptilian warriors, and the Ninja Turtles must rise up against them to defend the world. With Megarillas as reporter April O'Neil and Will Arnett as villain Donatello.

Galaxy Cinema

430 McCurdy Blvd. N.  
306-523-9038

Cineplex Cinema

Scott/Wind Mill Cinema  
3020 Gordon Rd., 306-360-3362

Delaware Cinema

Golden Mile Shopping Centre  
3905 Albert St., 306-239-5250

Event listings on a free community website [www.leaderpost.ca](http://www.leaderpost.ca). Listings will be posted 14 days in advance.

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# SHARPEATS

## REGINA



### BEAK'S CHICKEN

Chef Paul Rogers fires up delicious chicken out of this orange truck. Dipped in batter-fritter, then is

topped with breaded pecans, the chicken, from Prairieview Farms, is served on its own or on top of waffles.

**TRY:** Chicken and Waffles, \$8. A soft waffle topped with the marinated chicken, house-made bacon jam and gravy. It all melts together for a sweet, salty and somewhat strange combo. But it's quick because this stuff gets soggy fast.

**TWITTER:** @beekschicken



### EAT HEALTHY FOODS

The organic grocery store on 12th Ave. has a little food cart set up at the Regina Farmers' Market. Friendly staff sell a range of ethnic and Canadian dishes like peanut curry, beef chili, chana masala and red lentil dahl. They also sell kombucha tea and coconut water. **TRY:** The hearty Biko stew.



### SOUP... SIMPLY

Shelly Lambert's soup is a Regina Farmers' Market favorite and frequently sells out. So of course, a food

truck was in order to share the results. Along with homemade soups, to like chilled cucumber and tomato, squash and coconut soup, there's also a few vegetarian salads. Soup is served with sour dough or breaded bread from Orange Root Bakery in Regina.

**TRY:** The chili pickle is mind-blowingly good. No good in fact that a portion wasn't possible... it is so good to eat. The Rainbow Quinoa salad, \$4 for a bowl. If the weather is perfect for a hot day.

**TWITTER:** @SoupSimply

## PRAIRIE COWS CATERING

The biggest doggy dog in town, or so they claim. The dogs did in fact look gorgeous and people came in a steady stream to get one of their own. Perhaps the most unique food truck, a huge hot dog grates the roof of the thing. Apparently it was converted from a pop stand on a movie set.

**TRY:** Obviously a Hot Doggy Dog, \$4.50, is in order or get a gourmet-filled smelter for a more gourmet bite. The wags get smelterly the Chicken Ranch, \$5, are great too. And don't forget about their griddle on a stick.

**FACEBOOK:** Prairie Dogg Catering



## MR. SPUDOS POUTINERIE

The poutine here, 6.25 in variety, is quickly becoming the stuff of legends at one of Regina's most food trucks. Include in classic spudgy card topped fries, or venture into more unusual flavors in any case. The fries are perfectly craggy and the cheese is truly buttery. chicken strips and fish.

Waffles are also on the menu.

**TRY:** Curried Potato Poutine. It's far from a traditional poutine topping, but it sure tastes good.

**TWITTER:** @Poutineries999



## NACHO FIESTA

Owner Eric Chapman sure knows nachos. The menu is full of options from vegetarian to supreme, plus a daily special. All are chock full of toppings and cheese. He's been operating the truck (formerly a motorhome) for a few years now, mostly at the fair. This is the first year he's set up shop at the Regina Farmers' Market and so far it's been a success.

**TRY:** The daily special a few weeks back was Butter Chicken. \$8.50. Pasta, goat cheese, peppers and butter chicken on top of nachos and nachos.

**FACEBOOK:** Nacho Fiesta Mobile Food Truck





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5262 Aviator Cres



124 Emerald Ridge E, White City



3865 Green Mass Bay



4921 Wright Road



**(306) 525-9801**  
533 Victoria Ave. Regina, SK.



# WINE WORLD

## # SASKATCHEWAN WINE SCENE

### Why it's worth your time to chase old wine

By James Romanow

Last December a new wine from Spain came in to the KLGA online Auction.

I was working on my holiday rehearsal so I worked in for work on January 1 ran into the wine at parties over the holidays, anytime I ran into hard-core wine drinkers. Near as I could tell, the bargain hunting wine of the premiere — a group of people after my own heart — descended on the KLGA like wolves on the kill. Auction was sold out by the second week of January and stayed that way until now.

I don't keep a wine cellar. They only work for people who intend to drink just a handful of wines, then start first vintage. Such wines are only really different and hard to taste the same. In short, a cellar is like trapping a fly in amber. I suffer from vision ADD and need new and different tastes to be happy.

I want a whole planet of flies on which to feast. The problem with this is that I don't get to drink many old wines, and old wines have particular charms.

Theridays California, better ride the world California as a place that believes anything past puberty is not worth your time. Fortunately for me, I'm not alone. The Spanish has low old wine and are addicted to releasing wines that have been bottled and re-bottled.



If you want to find out why people like the chiseled wine you need to buy a bottle of Anciano. Mouth filling, tasting of fruit, this is a first rate wine to savour. Get a couple of friends to bring by a Chateau and Reserva Raps and compare it.

Anciano, Tempranillo Spain 2004 \$15.99

More wine cocktails and beers at Twitter @jromanow

## Crossword/Sudoku answers

S	P	A	Y	R	O	B	E	N	O	I	S	Y
A	L	B	A	E	L	B	A	O	N	G	U	E
P	E	A	K	S	P	I	Q	U	E	P	I	C
S	A	N	M	A	N	S	A	R	T			
G	O	A	D									
R	O	A	R	S	R	O	R	E	D	O	E	R
L	I	N	D									
E	S	S	A									
A	S	H										
P	A	I	R	S								
U	P	K	E	E								
C	L	O										
I	D	E										
N	E	A										
S	A	T										

8	9	7	6	1	5	4	2	3
3	5	4	7	8	2	6	9	1
2	1	6	3	9	4	5	8	7
9	4	2	8	7	1	3	5	6
7	6	1	2	5	3	9	4	8
5	8	3	4	6	9	1	7	2
4	7	8	5	3	6	2	1	9
6	2	9	1	4	7	8	3	5
1	3	5	9	2	8	7	6	4

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